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Latvia, the Baltic Riviera,
Health Resorts
and Watering Places

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LATVIA THE BALTIC RIVIERA

*Health Resorts
and Watering Places*

Latvia The Baltic Riviera

Health Resorts and
Watering Places



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View of the Riga harbour.

Latvia

Of the new States in Northeastern Europe, Latvia is one of the most picturesque and attractive, embracing as it does the Baltic provinces of Kurzeme (Kurland) and Vidzeme (Livland), both famous for their history, wealth and natural beauty. Together with the neighbouring countries of Estonia and Lithuania, Latvia belongs to the group of Baltic States. By reason of its favourable geographical location between Russia, Poland and the Baltic Sea, Latvia is the junction of the main routes in Northeastern Europe. On the one hand, the large, excellent harbours and commercial towns of Riga, Liepāja (Libau) and Ventspils (Windau) constitute the meeting-place of all commercial circles interested in Baltic and Russian trade; on the other,



The Castle, Riga.

the health resorts and watering places of the country afford such a store of restful beauty and comfort, that the tourist traffic to Latvia increases from year to year.

Geographical survey. Latvia covers an area of 65,979 square kilometres (thereof 38% forests),



The Bank of Latvia.



Old Riga : the Powder-Tower, now War Museum

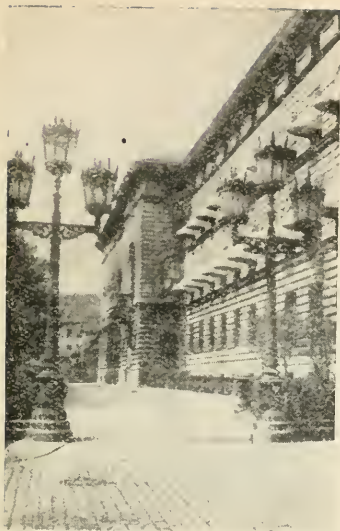
and has a population of 1,844,805 souls. Among the citizens of Latvia we find 75,61% native Latvians, 3,39% Germans, 4,48% Jews, 12,32% Russians, 2,52% Polens and others. The bulk of the population is Lutheran. The country is divided into four provinces, namely Kurzeme with its capital Liepāja (Libau), Vidzeme with Rīga as capital and metropolis of the country (the population of Rīga numbering 337,000 souls), Zemgale with its chief town Jelgava (Mitau), and Latgale with its chief town Daugavpils (Dünaburg). Latvia is bounded on land by Estonia, Soviet Russia,

Poland and Lithuania, and has a sea boundary, on the Baltic coast, no less than 494 kilometres in length. A characteristic feature of Latvia is the extraordinary wealth of ever-changing scenery; here we find the beautiful seaside with its fine white sand and protective dunes, and there again we are impelled to ramble for hours in the great, silent forests, or an idyllic river landscape draws us to the water's edge



Yachting on the Duna.

to row or paddle on the stream. Though on the whole a level country, Latvia presents a number of woody, hilly sections of great beauty, particularly in the so called Livonian and Couronian Switzerland. The climate is favourably influenced by the extensive forests which are composed chiefly of pine, fir and birch trees. Latvia is rich in rivers and lakes, many thousand of which are dotted about the landscape, including many rivers as the Lielupe (Courish Aa) and the Gauja



The Latvian Parliament : Rēgina.

(Livlandish Aa), flowing silently into the mighty stream of the impressive river Dangava (Dūna) which forms the harbour of Riga. Along the channels of the rivers, following the winding course of the current, the tourist meets with a variety of extremely picturesque rocks, rapids and waterfalls, as for example on the Dūna at Koknese (Kokenhusen), the Amata and other rivers.

Communication. A dense net of traffic ways links up the country in all directions. The railroads, which are 2900 kilometres in length, embrace the principal international transit and passenger routes as well as the local auxiliary railways. The tariffs are cheaper than in most other European countries. Riga is the junction of the main lines from Berlin,

Kovno, Warsaw, Moscow and Reval. The traffic system in the towns undergoes continual development, particularly in regard to the modern requirements of motor traffic. Riga is also included in the North European air traffic net (Junkers) which also touches Königsberg, Reval and Helsingfors. Numerous lines of motor buses also connect the capital with the provinces.

Sport and recreation. Latvia may almost be termed the sportsman's El Dorado, affording as it does an opportunity to indulge in so many different branches of physical culture and diversion. The country is particularly attractive to the hunter. The large, dense forests are rich in game of all kinds, and even elks or moose deer may be found. The lakes and bogs abound with all kinds of aquatic and feathered game, concealed in mystical thickets of tall reeds. The friend of Nature should not miss the opportunity to enjoy the peculiar charm of these immense, lonely surfaces of water with their rustling reed-banks and the mysterious tones of their dying fauna. Particularly impressive is Lake Luban in Latgale with its peculiar beauty. Yachting is naturally a favourite sport in a country with so many opportunities of indulgence. This sport culminates in the great annual regattas on the Kišezers (Stint Lake) in the environs of Riga, on the Dīna and by sea to the isle of Rūnõ. Boating is becoming more and more popular, especially since the appearance of the light and convenient paddle boats with which some pleasant excursions may be made through the numerous lakes and canals in the vicinity of Riga. Pedestrianism and tramping are peculiar to the younger people, and there are many groups of wanderers with whom contact may be established. There is also ample scope for the most refined game of tennis, considering that the international champion Macpherson resides in Riga. Interesting

football matches take place every year between foreign and local teams. And in winter there is plenty of skating, ice-yachting and hockey, which latter is very popular in Latvia.

Apart from the opportunities afforded for physical culture and sport, the towns and health resorts of Latvia offer a rich store of intellectual stimulation and



The House of the Black Heads, Riga.

amusement. Theatres and concerts, museums and lectures, promenades and festivities, exhibitions and fairs, all these tend to keep the pulse of life in Latvia throbbing. It should be borne in mind, however, that the conditions in our health resorts and watering places are not such as preclude the possibility of complete relaxation. On the contrary, every opportunity is afforded of escaping from the gaiety of the fashionable throng, and enjoying undisturbed tranquillity and repose. This possibility of complete rest, even solitude, amidst

cultured surroundings, is one of the most attractive features of Latvian health resorts.

Entering Latvia. Extensive facilities in regard to their admittance are accorded to foreigners desirous of visiting the Riga or Liepāja (Libau) strand, or the curative baths at Ķemeri (Kemmeri) and Baldone. In most cases, the admittance visa is issued by the Latvian diplomatic representatives abroad, after the filling out of a questionnaire (in two copies free of tax). Only in the cases of citizens of countries which have not yet concluded visa agreements with Latvia, and in respect of the holders of Nansen passports, is it necessary to refer to Riga. Procedure takes 10 to 12 days ordinarily, or 2 to 3 days by wire. The visa is valid for a period of six months, and may be prolonged at the health resort by the local police authorities. For the entrance visa the citizens of the following countries pay thus: France, Italy, Switzerland, Denmark, Finland, Poland, Germany, Austria, England, Lithuania and Czechoslovakia — 10 lats; Sweden — 20 kroner, Norway — 25 kroner, Belgium — 12 lats, Holland — 6 florins, the Soviet Union — 15 lats, the United States of America — \$ 10, and those belonging to no definite country, the so called «Stateless» — 15 lats. Estonian citizens are exempted from the payment of this visa fee.

Visitors to our health resorts do not require a special departure visa for leaving the country, as the entrance visa serves the same purpose provided the sojourn was not longer than six months. Only in case of a longer stay is a special departure visa necessary (costing 2 lats), whereby a certificate of the Tax Department regarding the payment of State taxes has to be presented. Every newcomer has to be registered at the police station within 24 hours. This formality is attended to by the Hotel Office, the proprietors of boarding houses, or the landlord as the case may be.

Routes to Latvia. Duration and cost of journey.

I. By rail.

			1 st class	2 nd class	3 rd class
Berlin-Riga . . .	23 hours	Mk.	133.—	89.40	53.95
Warsaw-Riga . .	20 „	\$	14.—	9.60	6.10
Moscow-Riga . .	31 „	„	—.—	13.65	6.75
Leningrad-Riga .	31 „	„	—.—	10.50	4.05
Reval-Riga . . .	12 „	„	6.15	4.10	2.00
Kovno-Riga . . .	8 „	„	7.—	5.—	2.35
Copenhagen-Riga via Warnemünde-Berlin	38 „	„	44.25	32.30	19.40
Stockholm-Riga via Sassnitz-Berlin . .	50 „	„	61.95	41.15	25.60

II. By sea.

Stettin-Riga: Weekly. Duration about 42 hours.

1 st class	Mk.	65.—	{ with board
2 nd „	„	54.—	
3 rd „	„	45.—	
Steerage	„	30.—, or 20	without board

Stockholm-Riga: Weekly. Duration about 42 hours.

1 st class	Sw. kr.	60.—
2 nd class	„	50.—
Steerage	„	25.—
Board	3 kroner daily.	

Copenhagen-Riga: Weekly. Duration about 42 hours.

1 st class	Dan. kr.	70.—
2 nd „	„	30.—
Board	10 kroner daily.	

III. By air.

Riga-Reval	2,5 hours	\$ 12.—
Riga-Helsingfors	4 „	„ 18.—
Riga-Königsberg	4 „	„ 18.—

Currency and Prices. Besides its natural beauty, health-giving springs and so forth, Latvia has the advantage of being a comparatively cheap country. Latvian currency, the lat. is equal to a gold franc. Its relation to other currencies is as follows (allowing for the fluctuation of foreign currencies): One lat (50 Lat-

vian rubls) = 1 Swiss franc = 0.80 German Reichsmark = 5.5 French francs = 10d English currency = 5 Italian lire = 0.70 Swedish kroner = 6 Czecho - Slovak kronen = 0.5 Dutch florins = 7.5 Finnish marks = 1.3 Polish Zloty = 72 Estonian marks = 2 Lithuanian lits = 0.4 Chervonetz. Single bed-room in Riga in better class hotel from Ls 3 upwards, and a double-bedded room



The Central Post Office, Riga.

from Ls 5 upwards. The following are the average prices for board in Riga: Dinner, — soup about 40 centimes, and for each course, say from 90 centimes to Ls 1.40. Supper à la carte from 2 to 3 lats. Prices are lower in the provinces; in Cēsis (Wenden) for instance a room may be had in an hotel for 2 or 3 lats. At the Riga seaside a room in an hotel or in pension costs from 50 to 65 lats per month according to locality, while board involves from 5 to 15 lats per day according to quality. Furnished villas may be had for as small a

sum as 200 lats per season, though the larger and more comfortable villas in the best locality cost up to 1500 lats for the season. Boarding-house prices are lower in the Livonian Switzerland (Sigulda) than at the strand. In the health resort of Baldone rooms may be had for even one lat per day. Board and lodging in the



Beautiful Parks, the lungs of the City.

sanatorium involves only 4 to 6 lats a day. Prices are slightly higher in Ķemeri (Kemmeren).

Inquiries and Railway tickets. Information and tickets may be obtained from the City Office of the Latvian State Railways, situated at 36 Kaļķu ielā, Rīgā. Telephones 20339 and 21540. Open also on Sundays from 9 to 11 a. m. Further, on application to the Baltischer Lloyd Travelling Agency, 22 Tirgoņu ielā, Rīgā, telephone 21550. Information regarding airway service is given by the Latvian Air Navigation Company, Hotel Bellevue, 33 Raiņa boulevārs.

vard, Riga, phone 20651. The office of the International Sleeping Car Company is situated at 8—10, Lielā Smilšu ielā, Rīgā. Phone 91713. Branch at the railway station Rīga I. Telephone 91737.

The best and most exhaustive information regarding Latvia as a destination for tourists is to be found in the «Führer durch Lettland», published by B. Lamey, 36 Brīvības ielā, Rīgā.



The National Opera House

Riga

The stranger who visits Latvia for the benefit of his health or for recreation, will surely not miss the opportunity of inspecting the country's beautiful capital, the famous old city of Riga, one of the principal Hanseatic centres on the Baltic seacoast, which Napoleon called a «Suburb of London»; the more so as all the main lines from abroad leads the foreigner first to Riga, from where he proceeds farther to his destination. Consequently, some hints will now be given for the inspection of Riga.

With a population of 337,000 souls, Riga is by far the principal of all the cities in the Baltic states, and has always been the intellectual and commercial centre of the whole territory bordering on the Baltic Sea. Riga is the seat of the Government and of the central government offices and institutions. Numerous large industrial and commercial enterprises and credit institutions are also located in Riga. This is Latvia's principal port, the junction of railway traffic between Western Europe and Russia, and the seat of the foreign diplomatic and consular representatives.

The railway lines from Kovno, Warsaw, Moscow, Leningrad, Reval, Liepāja (Libau) and Ventspils (Windau) meet in Riga, which is above all a magnificent harbour with navigation to and from all the leading European ports. There is an aerodrome on the Spilve plain, near the suburb of Ilgeziem. Air passengers conveyed free of charge by motor car to the aerodrome

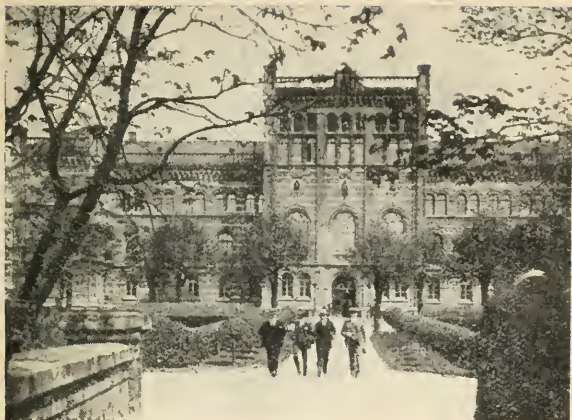


Riga's Art Museum.

from the office of the Latvian Air Traffic Company. Special river boats convey passengers to the Riga strand, to Jelgava (Mitau) and up the Daugava (Düna).

Hotels and Restaurants: St. Petersburg Hotel, Hotel de Rome, Hotel Frankfurt on the Main, Imperial Hotel, Hotel Bellevue, Otto Schwartz Restaurant, and the restaurant established in the Small Wöhrman's park.

Objects of Interest: The Castle on the Düna quay, built in the year 1515 on the site of strongholds of the ancient Order; today the residence of the State President, and also accomodates the National Art Museum, the National Historical Museum, the Record Office and other cultural institutions. St. Mary's Cathedral (Dom), the oldest church in Riga, mostly gothic, with magnificent cross-aisle and interesting tombs. In the vicinity of the cathedral is the Herder Place with the monument in memory of the great Scholar. The House of Parliament, (convenes



Universitas Latviensis.

at 5 p. m., on Tuesdays and Fridays during the session) admittance by permit from the adjutant. The Hall of the Black heads, the most interesting secular structure in Riga, in the style of the Dutch Renaissance of the XVII century, erected as a Union-house of the old Merchants' Association «Löbliche Kompagnie der Schwarzen Häupter»; used today for concerts and social functions. St. Peter's Church with the famous steeple, the landmark of Riga, the highest wooden steeple in Europe, in beautiful Renaissance style. The Powder Tower, a remnant of the old fortifications of the town, accomodates today the War Museum. The National Opera House and the National Dramatic Theatre, imposing structures in the avenues. St. Jacob's Church, opposite the House of Parliament, of early gothic architecture, is the Roman Catholic Cathedral-church. The Guild Halls, large and small, in the «old city».

Educational Institutions: The University with about 6000 students. The Conservatoire and

the Academy of Art. The State historical-ethnographical Museum, displaying a unique collection of Latvian national costumes. The State Art Museum which possesses the most complete collection of original works of Latvian artists. The Municipal Art Museum with its numerous souvenirs of the Great War and of the Latvian War of Independence. The Dom Museum with collections of different scientific bodies, including some items of great historical interest.

Tours and Excursions: In the line of the old city fortifications, around the «old city» along the so called Town Canal, we find the avenues, with the Bastei hill (Basteiberg) affording an enchanting view of the city below. Further, the Brīvības (Freedom) boulevard and the avenues around the Russian Cathedral; the Wöhrman's Park, which is a blaze of flowers in spring and summer, beautifully laid out rose-garden, symphony concerts in the Park in summer. The Viestur Garden, with its sturdy old trees towering high and forming an arch above the time-trodden pathways; modern tennis courts. The Mežaparks (Forest Park), beyond the town, easily and conveniently accessible by motor-bus, is a suburb of villas in a forest of tall pines on the banks of the Ķīšezers (Stint Lake). Water sport of all kinds. Boarding houses affording comfortable accomodation at reasonable rates.



The Baltic Riviera

In close proximity to Riga is the Riga seaside, and there is hardly another European metropolis so ideally located as to afford such a splendid opportunity of abandoning the bustle of the city and entering almost immediately into the refreshing, healthy atmosphere of the sunny beach. Barely half an hour's journey by rail, and we find ourselves on the long, narrow stretch of land, twenty kilometres West of Riga, and fifteen kilometres in length, between the sea and the river Lielupe (Courish Aa). In this picturesque, woody region, 2 to 3 kilometres in width, with its high dunes, idyllic forests and parks, is a line of townlets known collectively as the Riga Strand. Here, in a comparatively small area, one finds all that the heart may desire: Fashionable watering places and health resorts, typical strand life, sport, symphony concerts conducted by well known foreign managers, quiet corners, cosy, comfortable boarding houses, revivifying quietude and invigorating forest air. The Riga strand is easily accessible from the city, so that businessmen, civil servants and all who are



Bird's eye view of the Riga shore.

employed in town, can go down to the seaside and enjoy the pure sea air for a couple of hours every day. In mid-summer, when the season is at its height, there are trains from Riga every half an hour. Those who have the time to spare, should not miss the opportunity of going down to the seaside by one of the boats of the Augsburg Shipping Company. Air service to the strand is also being arranged.

The names of the different townlets at the seaside, some of which form almost a complete whole, are in geographical succession: Priedaine (Kiefernhalt), Bulli (Bullen), Bulduri (Bilderlingshof), Edinburg, Majori (Majorenhof), Dubulti (Dubbeln), Melluži (Karlshad) and Asari (Assern). The climate at the strand may be described as a temperate woodland-maritime combination. The temperature of the seawater averages 18 degrees Celsius, and the salt contents of the Riga Gulf about 0.7%. The stroke of the waves is not so powerful as in the open sea, but is nevertheless invigorating. The beach is level and



The beach, Riga Strand.

sandy; it is the children's paradise. The high dunes, crested with tall pines, fringe the other side of the beach, parallel to the sea, and afford protection from the wind.

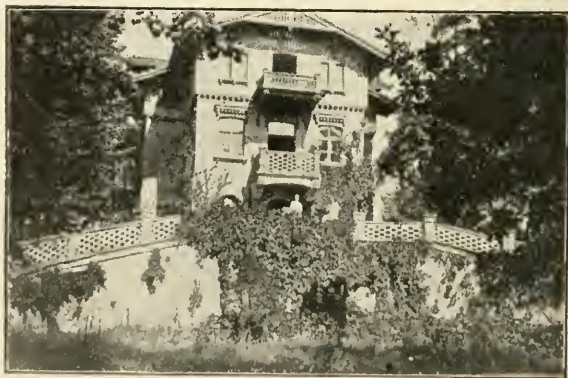
It is therefore evident that the Baltic watering place «Riga Strand» is particularly adapted to the requirements of all who suffer from the effects of overwork, and who need rest and recreation. It is an ideal resort for convalescents, and persons suffering from anaemia, rheumatism or nervous disorders. Warm sea-baths may also be had, besides river bathing in the Lielupe (Courish Aa) for those whose constitution cannot stand seabathing. The river Lielupe is also the scene of all kinds of aquatic sport. Special provision is made for invalids and sufferers at the Riga Strand, where we find some large Sanatoria of modern construction and equipment, as for example the «Marienbad» Sanatorium (Principal Dr. Th. v. Bötticher) in Majori (Majorenhof) and Sanatorium «Edinburg» (Dr. Fischmann), which adopt all curative methods as mineral and carbonaceous



Dunes at Riga Seaside.

baths, mud and peat compresses, ultra violet rays and electrical treatment. Medical specialists reside at the Strand during the season. Fees from 10 to 20 lats per consultation.

Visitors to the Baltic health resort and watering place «Riga Strand» may either stay at one of the



Strand Villa.



Bathing in the Riga Gulf.

numerous first class Pensions (boarding houses), or rent a furnished villa for the whole season. There are



A Restaurant on the Dune.

numerous beautifully located and well furnished villas to choose from. Bulduri (Bilderlingshof). Edinburg and

Majori (Majorenhof) are the most luxurious and fashionable resorts, both scenes of extravagant gaiety during the season. Bulli (Bullen), Melliži (Karlsbad) and Dubulti (Dubbeln) are quieter places, where strawberries grow in abundance, adding a



One of the comfortable Hotels

palatable delight to the attractively peaceful surroundings.

For particulars apply to the Inquiry Office of the Riga Strand Municipality, Dubulti, Melližu ielā 24.

Accommodation: Bulduri: Hotel Bulduri, Pension «Tannenvilla», Pension «Strandhof»; Edinburg: Hotel Kurhaus, Hotel Edinburg, Pension Kewitsch, Pension

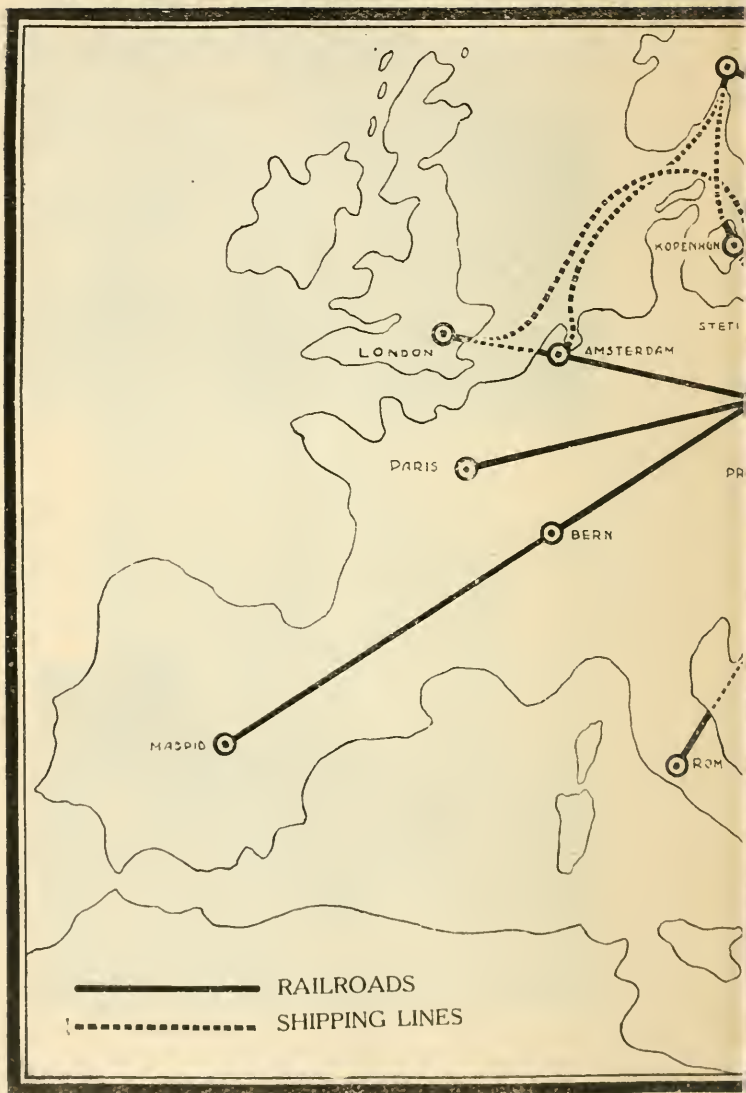


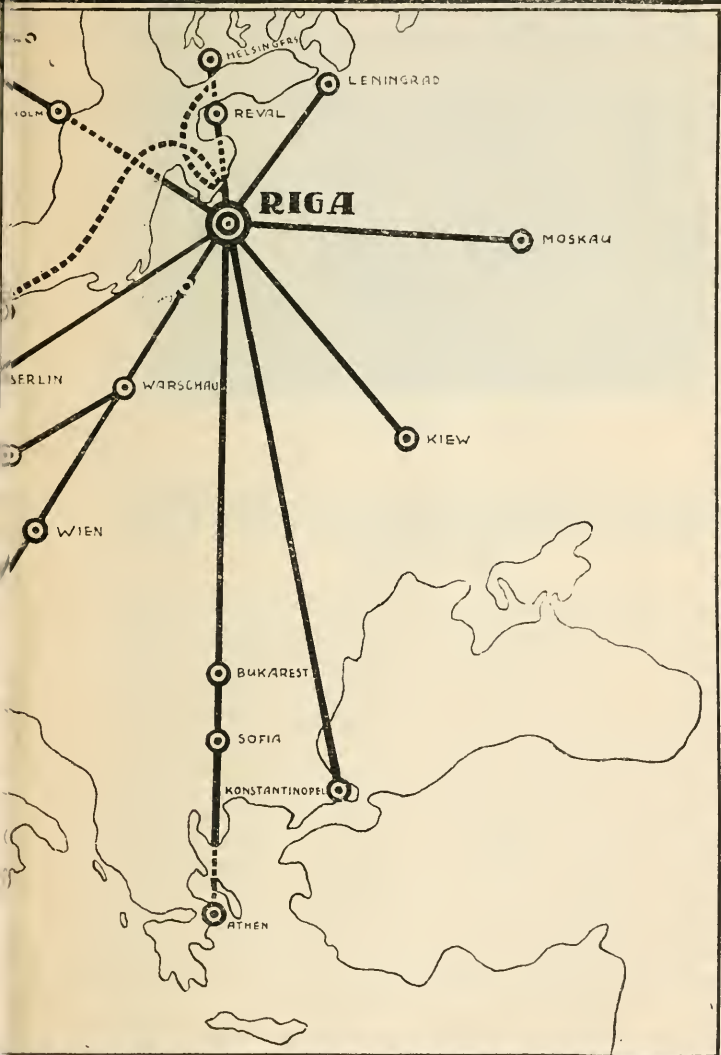
Bathing Cabins.

Gaika, Pension Nelsbach, Pension Kaplan; Majori: Hotel Sea Pavilion, Hotel Majori, Pension Mischke, Pension Kramer; Dubulti: Hotel Europe, Pension Nicis; Melluži: Pension Ananjew; Asari: Hotel Kurhaus.



Aquatic sports on the river.







Liepāja (Libau): Harbour view.

Baltic Watering place Liepāja (Libau).

The importance of Liepāja is appreciated generally because of its industry and trade, and chiefly because Liepāja is an excellent Latvian seaport, the largest after Riga. One also bears in mind the naval port created there by Russia. But all this constitutes only one side of the medal. For instance, it is not generally known that Liepāja (Libau) is also an ideal bathing place and health resort. The town is admirably located between the sea and the «Small Lake». With its broad avenues and long rows of foliferous trees fluttering in the pure sea air, Liepāja is bathed in sunshine in spring and summer. With exuberant forests all around, with its level sunny beach of fine white sand, Liepāja was destined to become a popular bathing place and health resort. In contrast to the Riga Strand which is washed by the more gentle waves of the Riga Gulf, the Lie-



Liepāja (Libau): The Kurhaus Park.

pāja Strand is open to the surging, invigorating waves of the Baltic Sea. The salt contents average 6.94 per mille, and even 8 per thousand in a strong south-easter. The pure, ozonous wood and sea air is an excellent tonic. The medium temperature during the year is 8.2° Celsius. In summer the temperature averages 19.4° Celsius (Zoppot 15.5° C.). The temperature of the water in the open sea in June is 13.1°, in July 15.5° and in August 16.7° Celsius.

Apart from its natural curative properties, as light, air, sunshine and water, Liepāja also possesses a highly modern hydropathic establishment where different artificial means of curing are employed, as warm sea-baths, baths of pine-needle extract, carbonaceous baths, electrical treatment, ultra violet rays, vapour and mud-baths. These methods have been successfully adopted in cases of nervous disorders, neuralgia, heart disease, stomach trouble and affections of the alimentary canal, chlorosis, chronic rheumatism, paralysis, debility caused by mental or physical over-exertion.



Liepāja (Libau): On the mole.

There is also a magnificent Casino («Kurhaus») with reading-rooms, music-rooms and so forth, in the middle of a beautiful park. Theatrical performances, concerts, balls and other amusements are afforded at the Kurhaus or Casino during the season.

In close proximity to Liepāja, directly on the beach and surrounded by woodland, the villa suburb of Bernaten is now being created. And this is the inauguration of what is going to be an attractive and popular watering place. Although the number of visitors to the Liepāja bathing place is not large today, it is nevertheless increasing from year to year.

Prices are reasonable in Liepāja. Board and lodging may be estimated thus: a furnished room costs Ls 12 per month, an unfurnished room about six lats. Dinner of three courses in a Pension or boarding house, — on an average one lat, and even cheaper if served regularly. The bathing tax is very low.

Ample opportunity is afforded in Liepāja for all kinds of sport. The so called «Small Lake», which is

by no means small, covering as it does a kilometre-wide expanse, is an ideal centre for boating and yachting.

Liepāja is accessible by rail from Riga or direct through Lithuania. The former route is preferable, as there is a change of trains travelling via Lithuania. There is also regular steamship service from the German ports in the Baltic Sea.

Hotels: Kurhaus, Petersburg, Rome, Kronstadt, Europe, Berlin.

Objects of interest: Dramatic Theatre and Opera house, Aspasia Park and Frederick Gardens. An excursion to the ruins of Grobin Castle is also to be recommended.



Bernaten near Liepāja (Lithua).

State Mud and Sulphur Baths Kēmeri (Kemmeren).

Kēmeri ranks foremost among the mineral baths in Latvia. In fact its renown has spread far beyond the confines of the country, and thousands of visitors come from all parts of the world year by year to be benefited by the healing properties of the Kēmeri springs. This health resort lies on the Riga Ventspils railway line about 45 kilometres from Riga, and is conveniently and easily accessible. It is located in the midst of a large wooded park, secluded from the rough winds. As it does not lie directly on the beach, Kēmeri has another



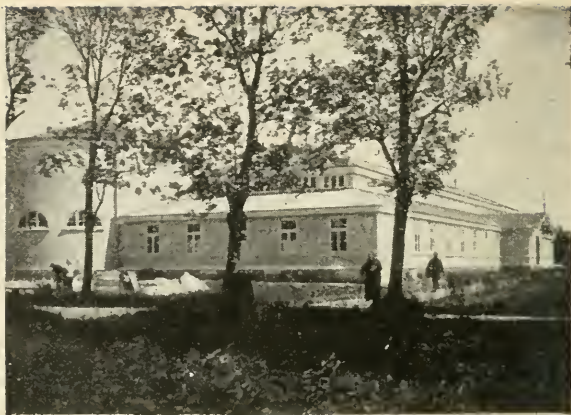
In the Kurpark.



Wooded Paths in Kurpark.

great advantage, namely an extremely mild climate. However, a short tram-ride through the forest brings one to the broad and breezy beach, thus affording an opportunity for sea-bathing if desired. But the popularity and renown of K meri lie in its unparalleled mineral springs. The curative properties of this delightful health resort are both natural (Alkaline sulphur water and sulphurous peat-mud) and artificial (Sulphite, sulphur-conifer extrakt, carbonaceous and sulphuretted hydrogen baths, ultra violet rays etc.) There are eight mineral springs in K meri, two of which come in for consideration. The analyses of two springs are as follows:

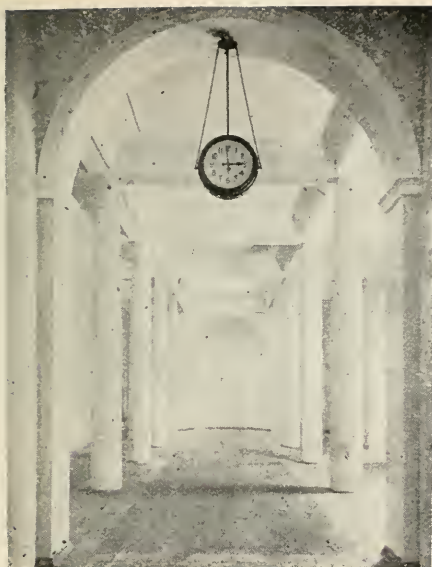
	Spring I	Spring IV
Calcium chloride	0.0019	0.002325
Natrium chloride	0.005351	0.005864
Natrium iodide	0.000023	0.0000023
Natrium sulphate	0.12237	0.120916
Ammonium chloride . . .	0.005082	0.005076



Hydropathic Establishment.



I. Class Bath-room.



Hall in the Hydropathic Establishment.

	Spring I	Spring IV
Calcium sulphate	1.71994	1.721224
Calcium hydrophosphate . .	0.00017	0.00001708
Calcium hydrocarbonate . .	0.08314	0.094849
Calcium hydrosulphide . . .	0.030217	0.026582
Magnesium hydrocarb. . . .	0.20861	0.207918
Ferrohydrocarbonate	0.01336	0.013996
Mangano hydrocarbonate . .	0.006206	0.006493
Metasilicic acid.	0.0157	0.01586
Free carbondioxide	0.528	0.526
Free sulphide of hydrogen. .	0.0255	0.02503
Total . .	2.753	2.681

The sulphurous springs at Kemerli belong to the category of cold springs ($+7.2^{\circ}$ C.) and are unrivalled

for their strong contents of sulphur, sulphide of hydrogen and carbonic acid. The radioactivity of Spring No. 1 is equal to 1.08 (Mache). The springs have proved remarkably efficacious in the following cases: Rheumatism of the muscles and joints, gout, nervous disorders, organic nervous affections (Neuralgia, neuritis), paralysis and spinal diseases, women's diseases, menstruation disorders, diseases of the female genital organs, exudation after pleurisy, appendicitis, wounds, atonic ulcers and chronic skin diseases, scrofula, osteitis, tubercular joints, chlorosis, syphilis in the chronic stage with complications, diseases of the genital organs, catarrh of the uterus, bladder and of the prostate gland, chronic poisoning as lead and quicksilver poison.

Prices are moderate in Kemerli. A small baths tax is levied.

For particulars apply to Dr. E. Dzinters, Director of the Baths Administration. His consulting hours are from 9 a. m., to 3 p. m., daily.

A c c o m o d a t i o n: Pensions Kurhaus, Bach, Behrmann, Grube, Neumann and Waldeck.



One of the many charming spots near Baldone.

State Mud and Sulphur Baths Baldone

This is the oldest health resort in Latvia. Its fame dates back to the middle of the XVIII. century. Baldone lies on the banks of the river Keckava, amidst a fragrant forest of coniferous trees. It is 34 kilometres distant from Riga, and 15 kilometres from the Ikšķile railway station with which it is connected by a narrow gauge line. There is also a direct Riga-Baldone autobus service during the season. The mineral spring of this small but pleasant resort are, like the Kēmeri springs, included in the category of cold, alkaline sulphurous waters, and are very similar to the latter both in respect of the analysis and effect. Peaty earth is also employed for curative purposes, as it contains a high percentage

of chlorine and iron. The analysis of the spring is as follows: (To 1000 parts of sulphur-water)

Sulphate of Soda	0.0064
" " " Calcium	1.7452
" " " Magnesium	0.1458
Sodium chloride	0.0058
Bicarbonate of calcium	0.3345
Ferrous oxide	0.0011
Argillaceous earth	0.0009
Silicic acid	0.0148
Free carbonic acid	0.1491
Free sulphide of hydrogen.	0.0142

The curative properties of the Baldone sulphurous springs have been manifested in cases of chronic rheumatism of the muscles and joints, gout, neuralgia, sciatica, paralysis and spinal diseases, neurasthenia and hysteria, chlorosis, scrofula, rachitis, ostitis, chronic cutaneous diseases, syphilis, chronic metal poisoning, women's diseases, piles etc.

Baldone is also an excellent Air Resort, amidst enchanting surroundings, and may therefore be recommended in general as a summer holiday resort. River bathing in the Keckava. Prices and fees in Baldone are extremely moderate. Single bedrooms may be had in private houses from 1 lat upwards per day. Full board and lodging in the Sanatorium cost only 4 to 6 lats per day.

For further particulars apply to Dr. Kleinberg, Director of the Baths Administration.

A c c o m m o d a t i o n: Dr. Kleinberg's Sanatorium, Pension Morrisonshof, Pension Fromm.



Sigulda (Segewold) Station.

Livonian Switzerland

**Sigulda (Segewold), Krimulda (Kremon),
Turaida (Treyden).**

One of the most beautiful landscape features of Latvia is the idyllic and picturesque section of hilly country along the banks of the river Gauja, embracing the districts of Sigulda, Krimulda and Turaida, collectively known as the «Livonian Switzerland». Of course, this appellation is not intended to imply a replica of the Thuringian forest and the spur of the Jura Swiss scenery, but rather recalls the enchanting vistas of the Thuringian forest and the spur of the Jura mountains, with the same exuberant woodland vegetation, restful, undulating landscape and winding pathways. History and Nature combine to make the Livonian Switzerland romantic and attractive.



Castle Ruins, Sigulda (Segewold).

The communication is very good; Sigulda station is reached in just two hours by rail from Riga, on the road to Estonia.

Accommodation is available in «Livonian Switzerland» at all times, but it is advisable, when the season is at its height, to order rooms in advance by telephone from Riga. Comfortable accommodation is afforded at different first class establishments, as for example, Hotel Sigulda, Hotel Kukurs, the Schweizerhaus, the Pensions Priedit and Nachtigal and at Villa Carmen. Moderate prices.

Sigulda (Segewold), as mentioned above, is the railway station of Livonian Switzerland. Here we see a grand castle, formerly the residence of Prince Krapotkin, now in the possession of the Latvian Authors' and Journalists' Association, with accommodation for visitors. Beautiful park and castle grounds, with romantic ruins of mediaeval structures. Fascinating view of the Gauja vally and the opposite hills. One



View of the Gauja Valley.

cannot resist the impulse to descend into the vally and wander along the riverside. An original type of ferry takes us to the other side of the river. Opposite Sigulda lie the districts of Krimulda and Turaida with their romantic ruins and restored castles. But while in Sigulda one should not omit to inspect the mysterious caves, as Gutman's Cave (referred to in the legend of the Rose of Turaida), the Devil's and the Raven's Caves.

Krimulda (Kremon) is reached by traversing a cool and shady forest. Here we see the ruins of ancient strongholds, and the new castle which accomodates the Latvian Red Cross. Hard by the ruins of the Cathedral Castle is the Hotel «Schweizerhans», where comfortable accomodation is offered. In the environs of Krimulda we come across the remnants of ramparts dating from the times of the ancient pagans and Liivs.

Turaida (Treyden) greets us from afar with the sturdy aspect of the main tower, rising loftily from the

ruins of its old Cathedral castle which was destroyed by fire in 1776. The new castle is today a convalescent and recreation home for teachers.

The whole region of Livonian Switzerland has been declared a National Park, with no restrictions to the freedom of movement of visitors.

Very picturesque too is the quaint little town of Cēsis (Wenden), a short distance from Livonian Switzerland by rail. This town, which is spread out today so cosily at the base of the Castle hill, was the scene of many fierce fight in the distant past, as evidenced by the artistically beautiful ruins of the stronghold dating from the XVI. century. With obvious pride the inhabitants of Cēsis are wont to relate the story how, four centuries ago, the people of Cēsis having to choose between surrendering to the wild hordes of Ivan the Terrible, and perishing, preferred the latter and put gunpowder in their cellars.



Turaida (Treyden) Castle.



Cathedral Castle Ruins, Cēsis (Wenden).

Cēsis is also a popular summer resort. All around are attractive summer villas, dotting the wooded slopes of the hilly landscape.

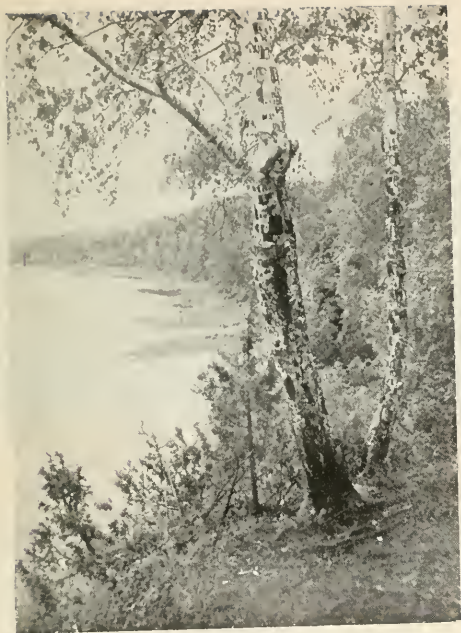
On the same line, more in the direction of the Estonian frontier, lies the little town of Valmiera (Wolmar), which derives its name from the Danish King Waldemar who conquered the pagans there. According to the legend, the Danish flag fell from heaven at that place. Valmiera is the only town in Latvia which escaped the ravages of the Great War. This town is ranked among the most beautiful spots in Vidzeme (Livland).

Oger

This forest and air resort with its charming colony of villas now in process of restoration, is an ideal summer residence. There is a whole number of comfortable boarding houses and refined Pensions for the convenience of those who do not possess a country house of their own. The health resort is located on the banks of the river Oger which, though not very deep, is a rapid stream. In the total absence of dust, the climate is fresh and healthy, for which reason Oger is the favourite resort of consumptives. Only 34 kilometres distant from Riga, on the Riga-Daugava railway line, Oger is easily and conveniently accessible.

Pleasurable excursions may be made in the surroundings of Oger amidst enchanting old forests of spicy pine trees. There are also many objects of historical interest, as the old Latvian Castle-hills in the environs of Oger.

A c c o m m o d a t i o n: Pension Wolferz and numerous Boarding houses.



On the Banks of the Duna.

The Daugava Valley

**Plāviņas (Stockmannshof), Koknese
(Kokenhusen).**

There, where the mighty Daugava (Dīna) breaks through the limestone barrier which runs as a hilly range from Estonia straight into the territory of Lithuania, is one of the most picturesque spots in Latvia. 112 kilometres distant from Riga is the station of Plāviņas on the Riga-Daugavpils line. In Plāviņas is a



Perse Valley.

cheerful country inn, where one may rest overnight. On the following day one may tour down the banks of the Daugava or travel by boat to Koknese. It is advisable to make further inquiries in the latter connection beforehand, at the City Office of the Latvian State Railways, at 36 Kaļķu ielā, Rīgā. The trip in a small boat (up to 15 persons) costs 40 lats, and in a large boat (up to 25 persons) 50 lats. Between the great and rugged limestone rocks, the Daugava Rapids wend their way, unfolding to the travellers the most enchanting vistas. Attention is drawn in particular to the «Staburags» or Pillar-stone, which is a high rock of tuffaceous stone. Shining drops of water trickle continually down its rugged surface. Therefore it is also known as «The Weeping Rock», and is the subject of many legends. Another beautiful section of the Daugava valley is to be found at the junction of the Perse, and



Koknese Castle Ruins.

particularly the district of Koknese with its old ruins and steep banks. Comfortable accomodation for a longer stay in this region may be found in ideally located villas in Koknese and its environs.

Courish Switzerland

«Courland — God's own little country!» Thus this province is styled in the Latvian folksong. And indeed, a special blessing is bestowed upon this tract of land which rests, as it were, in the very lap of Nature. Those



The Townlet Kandava in the Centre of Courish Switzerland.

who desire to enter into the heart of Courland should not omit to visit the «Courish Switzerland» where one may listen to the Voice of Nature amidst sublime rural tranquillity. Travelling may not be so comfortable in this part of the country as it is elsewhere, but the exquisite charm of the virginal scenery and restful

country life affords ample recompense. Courish Switzerland is located in the Abava valley between Kandava (Kandau) and Sabile (Zabeln). In the quaint old town of Kandava we find a sulphurous spring, the curative properties of which are available to the poorer classes, the more so as the cost of living is extremely low in Kandava where cheerful accomodation may be obtained in private homes. Naturally Kandava is preferred by all who would rather avoid the excitement and bustle peculiar to the fashionable health resorts. Towering above the town are the ruins of an ancient castle and an historical castle hill. One of the most beautiful excursions to be made in Latvia is from Kandava through the Abava Valley to Sabile and the adjacent valleys of Annul and Immul. A vigorous pedestrain can accomplish this tour in the space of two days.



Latvian National Costumes, — picturesque and attractive.

Concluding Remarks

In the foregoing résumé we have endeavoured to portray some of the rural scenes and health-giving sources to be found in Latvia, a country deservedly termed 'The Baltic Riviera'. We have given the reader a mental picture of the unalterable beauties of Nature which even a world conflagration could not obliterate.

The extensive forests, the lapping waves on the sandy shore, the picturesque rivers and creeks, hilly landscapes and romantic ruins, charming little villas and elaborate sanatoria, gaiety and solitude, altogether a well attuned combination of Nature and Culture is available in Latvia to suit the most divergent tastes.

It is only by witnessing the manifold glories of the numerous perfect masterpieces by Nature's most delicate brush, and by experiencing the revivifying influence of Latvia's health resorts that one can testify to the appropriateness of the appellation «The Baltic Riviera», which has been given to Latvia by thousands of visitors from all parts of the world. Therefore, in bringing this short paragraph to a close, we extend a cordial welcome to all who would like to experience the joys of a real Baltic holiday.



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